



DR. KERRI HOWERTON, DC, CCN, CFMP

Kid-Friendly Ninja Recipes

Kerri Howerton

<https://modernhealthkc.com/>

Hello Ninja Family-

I love seeing all the fantastic movement & exercise challenges coming from Motus Ninjas! During this time I wanted to offer some free nutritional guidance to support your "in-home" journey.

Each week will be a different theme. Feel free to post suggestions of what you'd like more help with!

Below is your Ninja meal plan! On the next pages, you will find the customized plan I have created for you all, along with an itemized grocery list and delicious recipes.

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out (or online) to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.















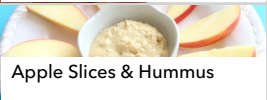
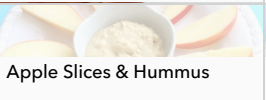
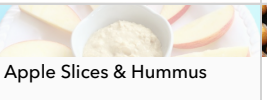





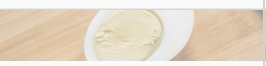


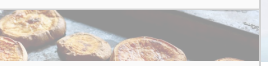






















Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion. Adjust an ingredient that you need to best serve your family.

Leftovers

COOK EXTRA:) You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

Cheers to Health
Dr. Kerri

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	 Banana Coconut Granola	 Banana Coconut Granola	 Banana Coconut Granola	 Lucky Green Smoothie	 Lucky Green Smoothie	 Simple Banana Pancakes	 Simple Banana Pancakes
Snack 1	 Celery with Sunflower Seed Butter	 Celery with Sunflower Seed Butter	 Hummus Dippers	 Hummus Dippers	 Hummus Dippers	 Yogurt & Berries	 Yogurt & Berries
Lunch	 Apple Slices & Hummus	 Apple Slices & Hummus	 Apple Slices & Hummus	 Savoury Roasted Chickpeas	 Savoury Roasted Chickpeas	 Turkey Hummus Sandwich	 Turkey Hummus Sandwich
	 Hard Boiled Eggs	 Hard Boiled Eggs	 Hard Boiled Eggs	 Roasted Sweet Potato Rounds	 Roasted Sweet Potato Rounds	 Turkey Hummus Sandwich	 Turkey Hummus Sandwich
Snack 2	 Green Smoothie Muffins	 Green Smoothie Muffins	 Green Smoothie Muffins	 Green Smoothie Muffins	 Green Smoothie Muffins	 Carrots & Guacamole	 Carrots & Guacamole
Dinner	 Herbed Chicken Tenders with Honey Dijon	 Herbed Chicken Tenders with Honey Dijon	 Penne with Bursting Cherry Tomato Sauce	 Penne with Bursting Cherry Tomato Sauce	 Slow Cooker Spaghetti Squash & Meatballs	 Slow Cooker Spaghetti Squash & Meatballs	 One Pan Chicken, Golden Cauliflower & Carrot Fries
	 Mango Coconut Popsicles	 Mango Coconut Popsicles	 Mango Coconut Popsicles	 Warm Apples with Cinnamon	 Warm Apples with Cinnamon	 Pear	 Pear



Fruits

- ☐ 10 Apple
- ☐ 2 Avocado
- ☐ 7 Banana
- ☐ 6 Lime
- ☐ 4 Pear

Seeds, Nuts & Spices

- ☐ 1 1/2 tsps Black Pepper
- ☐ 2 1/2 tsps Cinnamon
- ☐ 2 tsps Dried Thyme
- ☐ 1/4 cup Ground Flax Seed
- ☐ 1/2 cup Hemp Seeds
- ☐ 1 tbsp Italian Seasoning
- ☐ 1 tbsp Oregano
- ☐ 2 tsps Poultry Seasoning
- ☐ 1/2 cup Pumpkin Seeds
- ☐ 1 1/8 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tsps Turmeric

Frozen

- ☐ 4 cups Frozen Berries
- ☐ 7 cups Frozen Mango

Vegetables

- ☐ 6 1/2 cups Baby Spinach
- ☐ 2 cups Basil Leaves
- ☐ 19 1/2 Carrot
- ☐ 1 head Cauliflower
- ☐ 14 stalks Celery
- ☐ 6 cups Cherry Tomatoes
- ☐ 4 Garlic
- ☐ 2 cups Mixed Greens
- ☐ 1 Spaghetti Squash
- ☐ 2 Sweet Potato
- ☐ 1 1/2 Yellow Bell Pepper

Boxed & Canned

- ☐ 8 ozs Chickpea Pasta
- ☐ 6 cups Chickpeas
- ☐ 3 cups Crushed Tomatoes
- ☐ 2 cups Organic Coconut Milk

Baking

- ☐ 1 tbsp Baking Powder
- ☐ 1/4 cup Brown Rice Flour
- ☐ 2 tsps Nutritional Yeast
- ☐ 4 1/2 cups Oats
- ☐ 2 tsps Pitted Dates
- ☐ 3 tsps Raw Honey
- ☐ 1 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 2 lbs Chicken Breast
- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 3 1/4 cups Hummus
- ☐ 8 slices Organic Bread
- ☐ 1 lb Turkey Breast, Cooked

Condiments & Oils

- ☐ 2 tsps Avocado Oil
- ☐ 1/2 cup Coconut Oil
- ☐ 1/3 cup Dijon Mustard
- ☐ 1 1/8 cups Extra Virgin Olive Oil
- ☐ 1/2 cup Sunflower Seed Butter

Cold

- ☐ 23 Egg
- ☐ 4 cups Plain Greek Yogurt
- ☐ 3/4 cup Unsweetened Almond Milk

Other

- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 7 cups Water



Banana Coconut Granola

6 servings
1 hour 15 minutes

Ingredients

2 cups Oats (rolled or old fashioned)
1 cup Unsweetened Coconut Flakes
1/2 cup Pumpkin Seeds
1/2 tsp Cinnamon
1/4 tsp Sea Salt
1 Banana (ripe, mashed)
2 tbsps Coconut Oil (melted)

Directions

- 1 Preheat oven to 300°F (149°C).
- 2 In a large bowl, combine the oats, coconut flakes, pumpkin seeds, cinnamon and sea salt.
- 3 Add the mashed banana and coconut oil into the bowl with the oat mixture. Use a spoon to stir until all is very well combined. The mixture should be evenly coated.
- 4 Spread mixture in an even layer on a large baking sheet. Press down slightly and place in oven.
- 5 Bake for 45 to 55 minutes, checking and tossing every 15 minutes. Break up large clusters as necessary. Once the granola is evenly browned and no longer feels damp, remove from oven. As it cools it will crisp up even more, so do not over-bake.
- 6 Once cooled, store in an airtight container at room temperature for up to one week. Or store in the freezer for a few months.

Notes

Serve it With, Yogurt, oatmeal, parfaits, almond milk and/or fresh fruit.



Lucky Green Smoothie

2 servings

10 minutes

Ingredients

1 1/2 cups Frozen Mango
2 Lime (juiced)
2 cups Baby Spinach (packed)
2 tbsps Ground Flax Seed
1/4 cup Hemp Seeds
3 1/2 cups Water

Directions

1

Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

Notes

No Mango, Add frozen pineapple or banana instead.

More Protein, Add a scoop of your favourite clean protein powder.



Simple Banana Pancakes

4 servings
20 minutes

Ingredients

4 Banana (ripe)
8 Egg
2 tbsps Coconut Oil

Directions

- 1 In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
- 2 Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
- 3 Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

Notes

Likes it Sweet, Add blueberries or chocolate chips into the batter.



Celery with Sunflower Seed Butter

4 servings

5 minutes

Ingredients

8 stalks Celery (sliced into sticks)
1/2 cup Sunflower Seed Butter

Directions

1

Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Notes

No Celery, Use cucumber instead



Hummus Dippers

6 servings

15 minutes

Ingredients

- 1 1/2 Yellow Bell Pepper
- 1 1/2 Carrot
- 6 stalks Celery
- 1 1/2 cups Hummus

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with 1/4 cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Homemade, Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

Mix it Up, Substitute in different veggies like cucumber or zucchini.



Yogurt & Berries

4 servings

5 minutes

Ingredients

4 cups Plain Greek Yogurt
4 cups Frozen Berries (thawed)

Directions

1

Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free, Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries, Use any type of fresh fruit instead.



Apple Slices & Hummus

6 servings

5 minutes

Ingredients

6 Apple
1 1/2 cups Hummus

Directions

- 1 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

Notes

No Apple, Use pear slices instead.



Hard Boiled Eggs

6 servings

15 minutes

Ingredients

12 Egg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers, Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel, Add salt to the water while boiling.



Savoury Roasted Chickpeas

4 servings

30 minutes

Ingredients

6 cups Chickpeas (canned, or cooked and drained)
2 tbsps Extra Virgin Olive Oil
2 tbsps Poultry Seasoning
1 tsp Sea Salt
1/2 tsp Black Pepper

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat chickpeas dry with a paper towel. Place chickpeas in a mixing bowl and add olive oil, poultry seasoning, sea salt, and black pepper. Mix until chickpeas are evenly coated.
- 3 Spread the chickpeas across the baking sheet. Bake for 20 minutes, tossing halfway through.
- 4 Let cool before storing in an airtight container in the fridge.

Notes

Leftovers, They keep well in an airtight container in the fridge for up to 5 days. They will lose their crunchiness with time, so throw them back into the oven before eating if you want to crisp them back up.

Make Them Crispy, Bake for longer if you like them really crispy.



Roasted Sweet Potato Rounds

4 servings

35 minutes

Ingredients

2 Sweet Potato (medium, washed and scrubbed)
1 1/2 tsps Coconut Oil

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Slice the sweet potatoes into 1/2 inch rounds and place them on the baking sheet.
- 3 Brush the slices with melted coconut oil, then flip them over and repeat.
- 4 Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. The rounds should be starting to brown on each side.
- 5 Remove from oven. Season them with your favourite spices (we like sea salt and cinnamon) and enjoy!

Notes

Serve Them As, A side dish, with guacamole, or with our Vegan Ranch Dressing for dipping. You can also use them as a burger bun replacement!



Turkey Hummus Sandwich

4 servings

5 minutes

Ingredients

8 slices Organic Bread (or gluten-free)
1 lb Turkey Breast, Cooked
1/4 cup Hummus
2 tbsps Dijon Mustard
2 cups Mixed Greens

Directions

- 1 Lightly toast the bread.
- 2 Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

Notes

No Turkey, Use chicken breast instead.

Vegan & Vegetarian, Use smashed chickpeas instead of turkey.



Green Smoothie Muffins

12 servings

25 minutes

Ingredients

- 1 tsp Coconut Oil
- 2 1/2 cups Baby Spinach
- 2 Banana (ripe)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Pitted Dates
- 3/4 cup Unsweetened Almond Milk
- 2 Egg
- 2 cups Oats (rolled)
- 1 tbsp Baking Powder

Directions

- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with liners. Brush the liners with coconut oil or use silicone cups to prevent the muffins from sticking.
- 2 In your blender, combine the baby spinach, bananas, protein powder, dates, and milk. Blend until smooth, then add the eggs, oats, and baking powder. Blend again until a batter is formed.
- 3 Scoop the muffin batter into the cups. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
- 4 Let cool and enjoy!

Notes

Recommended Protein Powder, This recipe was developed and tested with a plant-based protein powder. If using a different type of protein powder, results may vary.

Leftovers, Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

Add-Ins, After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!



Carrots & Guacamole

4 servings

5 minutes

Ingredients

8 Carrot (medium)
2 Avocado
2 Lime (juiced)
1/2 tsp Sea Salt (or more to taste)

Directions

- 1 Peel and slice carrots into sticks.
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- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
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- 3 Dip the carrots into the guac & enjoy!

Notes

Leftovers, Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up, Add chili flakes, salsa and/or chopped cilantro to the guacamole.



Herbed Chicken Tenders with Honey Dijon

4 servings

40 minutes

Ingredients

1 lb Chicken Breast (skinless, boneless, sliced into strips)
2 tbsps Avocado Oil (divided)
1/2 cup Oats (quick)
1 tbsp Italian Seasoning
1/2 tsp Sea Salt
6 Carrot (medium, peeled and sliced into fries)
1/4 cup Dijon Mustard
3 tbsps Raw Honey

Directions

- 1 Preheat oven to 400°F (204°C) and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
- 2 Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
- 3 Toss the carrot sticks in remaining avocado oil. Spread across the other baking sheet.
- 4 Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
- 5 Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
- 6 To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

Notes

No Quick Oats, Place rolled oats in your blender or food processor. Pulse a few times to break them up.

Vegan and Vegetarian, Use tofu strips instead of chicken.

Leftovers, Keeps well in the fridge up to 3 days.



Penne with Bursted Cherry Tomato Sauce

4 servings

30 minutes

Ingredients

8 ozs Chickpea Pasta (dry)
1/2 cup Extra Virgin Olive Oil
6 cups Cherry Tomatoes
4 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
2 cups Basil Leaves (chopped)
2 tbsps Nutritional Yeast

Directions

- 1 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 2 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 3 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta, Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

No Nutritional Yeast, Use parmesan or omit completely.



Slow Cooker Spaghetti Squash & Meatballs

4 servings

4 hours

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1/4 cup Brown Rice Flour
- 1 Egg (whisked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Oregano (divided)
- 3 cups Crushed Tomatoes
- 1 tsp Sea Salt (divided)
- 1 tsp Black Pepper (divided)
- 1 Spaghetti Squash (medium)

Directions

- 1 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 2 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, sea salt and black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 3 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 4 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 5 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

Notes

No Ground Turkey, Use any type of ground meat.
Cheese Lover, Sprinkle with parmesan cheese.



One Pan Chicken, Golden Cauliflower & Carrot Fries

4 servings

40 minutes

Ingredients

4 Carrot (medium)
1 head Cauliflower
1/3 cup Extra Virgin Olive Oil (divided
three ways)
1 lb Chicken Breast
2 tsps Dried Thyme
2 tsps Turmeric (powder)
1/4 tsp Sea Salt

Directions

- 1 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 2 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 3 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 4 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 5 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 6 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 7 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

Notes

Low FODMAP, Use zucchini instead of cauliflower.



Mango Coconut Popsicles

8 servings
40 minutes

Ingredients

4 cups Frozen Mango
2 cups Organic Coconut Milk (divided)

Directions

- 1 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 2 Roughly scoop mango puree into 3oz. paper cups.
- 3 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 4 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

Notes

No Coconut Milk, Use almond milk or cashew milk instead.



Warm Apples with Cinnamon

2 servings
10 minutes

Ingredients

- 1 tbsp Coconut Oil
- 2 Apple (cored and sliced)
- 1 tsp Cinnamon

Directions

- 1 In a pan, melt coconut oil over medium heat.
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- 2 Add apple slices and sauté until soft, about 5 to 8 minutes.
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- 3 Sprinkle cinnamon over top and stir to coat evenly.
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- 4 Divide into bowls and enjoy!

Notes

Serve it With, Our banana ice cream, Paleo Granola or on top of oatmeal.
No Apples, Use pears.



Pear

2 servings

5 minutes

Ingredients

2 Pear

Directions

1

Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!